



ALTENS COMMUNITY CENTRE
Strathburn Street, Altens,
Aberdeen, AB12 3SE
Phone/Fax: (01224) 896798
e-mail: altenscc@gmail.com

The Centre is a Registered Charity and run by a Board of volunteer Trustees.

Altens Community Centre Programme

Monday

9.10 - 11.20am **Big Fishies Playgroup**
for kids from 2½ – 5 years
9.20 - 11.15am **Little Fishies 2'S Group**
Children from 22 months – 3years
1.00 - 4.00pm **Indoor Bowling**
6.00 - 6.30pm **Metafit Fitness Class**
6.30 - 7.30 pm **Wing Tsjun Martial Arts**
8.00 - 9.00pm **Boxing Fitness Class**

Tuesday

9.10 - 11.20am **Big Fishies Playgroup**
Playgroup for kids from 2½ – 5years
9.20 - 11.15am **Little Fishies 2'S Group**
Children from 22 months – 3years
10.00 - 12 noon **Badminton**
12.00 - 1.00pm **Weight-Watchers**
2.00 - 4.00pm **Tuesday Club Social**
Group open to all
3.45 - 4.45pm **Children's Craft/Drama**
for Primary School Age Children
6.00 - 9.00pm **Tanya Maitland School
of Dance**
7.00 - 8.30pm **Guided Meditation**

Wednesday

9.10 - 11.20am **Big Fishies Playgroup**
Playgroup for kids from 2½ – 5years
9.20 - 11.15am **Little Fishies 2'S Group**
Children from 22 months – 3years
11.30 - 12.30pm **Cheekie Charlie's Session**
4.00 - 5.00pm **Indoor Basketball 7-12yrs**
(Interest being taken for 13-16 years also)
6.00 - 7.00pm **Cheerleaders**
7.00 - 8.00pm **Wing Tsjun Martial Arts**
8.00 - 9.00pm **Boxing Fitness Class**

Thursday

9.10 - 11.20am **Big Fishies Playgroup**
for kids from 2½ – 5 years
9.20 - 11.15am **Little Fishies 2'S Group**
Children from 22 months – 3years
10.45 - 11.45am **Altens Health Walk**,
short, gentle walks for 1-2 miles to get you
moving.
1.00 - 3.00pm **Mother & Toddlers**
1.00 - 3.00pm **50+ Bingo**
5.30 - 9.00pm **Tanya Maitland School
of Dance**
7.30 - 9.30pm **Bingo**

Friday

9.10 - 11.20am **Big Fishies Playgroup**
Playgroup for kids from 2½ – 5 years
9.20 - 11.15am **Little Fishies 2'S Group**
Children from 22 months – 3years
9.45 - 10.30am **Zumba Fitness**
11.30 - 12.30pm **Zumbini Mothers and
Toddlers age 0-3**
12.00 - 2pm **Internet Cafe**
1.30 - 3.00 pm **Cove Seniors Gathering**
Monthly - contact Frances Penny 890119
3.10 - 8.15pm **Miss Forest Sch of Dance**

Saturday

9.30 - 2.15pm **Tanya Maitland School
of Dance**

Sunday

10.30 - 1.30pm **Tai Chi Academy**
1.30 - 2.30pm **Cheerleaders**
6.30 - 7.30pm **Advanced Guitar Lessons**